

# Merrimack Fire Rescue Call Firefighter Candidate Physical Ability Exam



***"Show you care, go home safe"***

Enclosed is the information necessary to continue in the process of becoming a member of Merrimack Fire Rescue. Please complete all forms as indicated but do not sign until you are at the test site, and bring them with you to the scheduled physical ability exam to be announced

If you have any questions or chose not to continue in this process please notify Deputy Chief Anthony Stowers or Assistant Chief Dave Parenti

*Good Luck in your endeavors to become a member of our organization.*

**PHYSICAL PERFORMANCE TEST**

# WAIVER AND RELEASE

Candidate: \_\_\_\_\_ Date: \_\_\_\_\_  
*Print name*

I, \_\_\_\_\_ *print your name* having filed an application to participate in a Firefighter entrance examination to be held by the Merrimack NH Department of Fire Rescue as part of the hiring process, and having been advised that as part of this process it will be necessary for me to demonstrate my physical skills and abilities in a series of tests, do hereby and in consideration of Merrimack Fire Rescue having permitted me to participate in such examinations, waive and release the Town of Merrimack from any and all claims whatsoever which might accrue or arise as a result of any injury or damage that I may sustain as a result of participating in such examinations; I further state that I am not aware of any physical condition that could be aggravated, worsened or otherwise adversely affected by the strenuous nature of these tests. I make this release for heirs, my executors, administrators and myself and do hereby release the Town of Merrimack and all its employees or agents from any and all liability for damages incurring as a result of these tests.

Please **write** the following statement in the space provided. ***"I certify that I have read the foregoing Waiver and Release and understand its provisions."***

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\_\_\_\_\_  
*Candidates Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness Name (Printed)*

*Name of applicant:* \_\_\_\_\_

AUTHORIZATION FROM PHYSICIAN  
FOR APPLICANT TO COMPLETE THE PHYSICAL  
ABILITY EXAMINATION AS OUTLINED IN  
THE NEW HAMPSHIRE CODE OF ADMINISTRATIVE  
RULES PART FIRE 702 AND AS REFERENCED  
IN CHAPTER 700 FIREFIGHTER MANDATORY  
STANDARDS.

I have read and understand the firefighter entrance examination process and components associated with the administration of the examination for firefighters, including Chapter 700 FIREFIGHTER MANDATORY STANDARDS and part Fire 702 PHYSICAL ABILITY TEST REQUIREMENTS (*ITEM C*). I have reviewed the accompanying TEST DIAGRAM (*ITEM A*) and the 13 POINT TEST COMPONENT DETAIL SHEET (*ITEM B*) and have examined the candidate. ***This form is void if altered in any way.***

I, \_\_\_\_\_, acknowledge that \_\_\_\_\_  
*Physician's name* *Applicant's name*  
is physically fit to perform the testing process as outlined herein.

\_\_\_\_\_  
*Physician's Signature*

\_\_\_\_\_  
*Date Signed*

\_\_\_\_\_  
*Physician's Name (printed)*

\_\_\_\_\_  
*Physician's Telephone*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
*Physician's Address*

**NEW HAMPSHIRE CODE OF ADMINISTRATIVE RULES**  
**PART FIRE 702**  
**PHYSICAL ABILITY TESTS REQUIREMENTS**

PART Fire 702 PHYSICAL ABILITY TESTS REQUIREMENTS

Fire 702.01 Ladder Raise Test. A ladder raise shall require the candidate to raise a 24-foot extension ladder weighing at least 70 pounds and no more than 100 pounds. The ladder shall be placed 3 feet from the building, with the base placed against a block to limit movement. The candidate shall approach the end of the ladder farthest from the building, bend at the knees, grasp and lift the ladder and raise it past vertical. Ladder rungs or sides may be used to raise the ladder. (*effective. 10/21/93*)

Fire 702.02 Ladder Extension Test. Ladder extension shall require the candidate to fully extend the top section of a 35-foot extension ladder and safely lower it completely by using the attached rope. The candidate shall use the hand-over-hand method. If the halyard slips and the top section falls a distance of 3 or more rungs, a 15-second penalty shall be assessed. The candidate's feet shall remain flat on the ground at all times while raising and lowering the ladder. (*effective. 10/21/93*)

Fire 702.03 Dummy Drag Test. Dummy drag shall require the candidate to drag a 140-pound dummy 120 feet. The dummy shall be grasped under the armpits and the candidate shall walk backwards. (*effective. 10/21/93*)

Fire 702.04 Simulated Roof Ventilation Test. Simulated roof ventilation shall require the candidate to complete 50 impacts with an 8-pound sledge hammer. The hammer shall be raised at least 24 inches for every strike. (*effective. 10/21/93*)

Fire 702.05 Hose Hoist Test. Hose hoist shall require the candidate to hoist a 2½-inch hose 50 feet. A length of ½ inch rope shall be tied to the female end of a 50-foot 2½-inch hose. The rope shall be run through a pulley 50 feet above the ground and then to the ground to a second pulley. The candidate shall grasp the rope and pull, using the hand-over-hand method until the hose reaches the pulley. (*effective. 10/21/93*)

Fire 702.06 Ladder Handling Test. Ladder handling shall require the candidate to remove a 24-foot ladder that weighs at least 70 pounds but not more than 100 pounds from a rack, mounted at least 48 inches and not more than 60 inches above the ground, carry it 40 feet, and replace it on the rack. (*effective. 10/21/93*)

Fire 702.07 Hose Line Advance Test. Hose line advance shall require the candidate to extend 150 feet of 2½ -inch fire hose on a grass or dirt surface. The hose

shall be in an extended accordion fold and shall have a 2½-inch play pipe nozzle. The nozzle shall be grasped by the candidate, held on the chest with the hose draped over a shoulder. The candidate shall move forward until the entire hose is stretched out. *(effective. 10/21/93)*

Fire 702.08 Attic Crawl Test. Attic crawl shall require the candidate to crawl across an attic floor made of wood joists 24 inches apart, 10 feet in length. *(effective. 10/21/93)*

Fire 702.09 Equipment Carry Test. Equipment carry shall require the candidate to carry a rolled 50-foot length of 2½ -inch hose which weighs approximately 42 pounds, 1,500 feet. The candidate shall use no additional equipment such as ropes or slings. *(effective. 10/21/93)*

Fire 702.10 Continuity of Physical Ability Tests. The physical ability tests described in Fire 702.01 through Fire 702.09 is a continuous test. Stops between stations shall only be allowed in a designated rehabilitation area. Candidates shall not be required to stop. *(effective. 10/21/93)*

Fire 702.11 Claustrophobia Test. A claustrophobia test in which the candidate shall wear a completely-obscured self-contained breathing apparatus face mask, and shall negotiate a room or confined space by following the walls while crawling for a distance of at least 35 feet without standing up or removing the face mask. *(effective. 10/21/93)*

Fire 702.12 Acrophobia Test. An acrophobia test, in which the candidate, without stopping for more than 30 seconds, shall climb up and down an unsupported aerial ladder at an angle of at least 65 degrees but not more than 75 degrees for a distance of 60 feet as measured from the tip of the ladder to the ground. *(effective. 10/21/93)*

Fire 702.13 Balance Test. A balance test in which the candidate is given a beam on a level floor, the beam shall measure 20 feet long by three to four inches wide, and shall be given a coil of fire hose weighing at least 20 pounds, and shall walk the beam carrying the length of hose without falling or stepping off the beam. The candidate may have 2 tries. *(effective. 10/21/93) (formerly Fire 702.14)*

### **13 Point Test Component Sheet**

The following test will be performed while wearing a protective coat, helmet, gloves, SCBA, and two 2½ lb. ankle weights.

1. Ladder raise: Raise a 24-foot extension ladder weighing at least 70 pounds and no more than 100 pounds.
2. Ladder extension: Extend the top section of a 35-foot extension ladder and safely lower it completely by using the attached rope.
3. Dummy drag: Drag a 140-pound dummy for a distance of 120 feet.
4. Simulated roof ventilation: Complete 50 impacts with an 8-pound sledgehammer.
5. Hose hoist: Hoist a 2½" hose 50 feet using a pulley system.
6. Ladder handling: Remove a 24-foot ladder weighing at least 70 pounds and not more than 100 pounds from a rack at least 48 inches high and not more than 60 inches above the ground, carry it for 40 feet and replace it on the rack.
7. Hose line advance: Extend 150 feet of 2½" hose on a grass or dirt surface.
8. Attic crawl: Crawl across a simulated attic floor made of wood joists spaced 24 inches apart and 10 feet in length.
9. Equipment carry: Carry a rolled 50-foot length of 2½" hose that weighs approximately 42 pounds for a distance of 1,500 feet.
10. Continuity of physical ability test: The preceding test sections 1 through 9 will be performed continuously and completed in less than 11½ minutes.
11. Claustrophobia test: A test in which the candidate shall wear a completely-obscured self-contained breathing apparatus face mask, and shall negotiate a room or confined space by following the walls while crawling for a distance of 35 feet without standing up or removing the face mask.
12. Acrophobia test: Climb up and down an aerial ladder for a distance of 60 feet at an angle of at least 65 degrees but not greater than 75 degrees, without stopping for more than 30 seconds.
13. Balance test: Carry a coil of fire hose weighing at least 20 pounds across a beam three to four inches wide without falling off.

